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# T-197 Cooking Merit Badge

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# Basics of Cooking

- I. Cooking Safely
- II. Food Nutrition
- III. Meal Planning
- IV. Food Preparation



# Cooking Safely

- **Clean: Wash Hands and Surfaces Often**
- **Separate: Don't Cross Contaminate**
- **Cook to Proper Temperatures**
- **Refrigerate Promptly**
- **Causes of Food Poisoning**
- **Utensils**
- **Heat Sources**
- **Common Cooking Injuries**



## Clean: Wash Hands and Surfaces Often

- Bacteria can be spread throughout the kitchen and get onto hands, cutting boards, utensils, counter tops, and food.
- Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom or changing diapers.
- Wash your hands after playing with pets or visiting petting zoos.
- Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels wash them often in the hot cycle of your washing machine.
- Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten.
- Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water.
- Keep books, backpacks, or shopping bags off the kitchen table or counters where food is prepared or served.





## Separate: Don't Cross Contaminate

- Cross-contamination is how bacteria can be spread. When handling raw meat, poultry, seafood, and eggs, keep these foods and their juices away from ready-to-eat foods. Always start with a clean scene — wash hands with warm water and soap. Wash cutting boards, dishes, countertops, and utensils with hot soapy water.
- Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and in your refrigerator.
- Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
- Use a food thermometer, which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.



## Cook: Cook to Proper Temperatures

- Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria that cause food borne illness. Use a food thermometer to measure the internal temperature of cooked foods.
- Use a food thermometer, which measures the internal temperature of cooked meat, poultry, and egg dishes, to make sure that the food is cooked to a safe internal temperature.
- Cook beef roasts and steaks to a safe minimum internal temperature of 145°F. Cook pork to a minimum of 160°F. All poultry should reach a safe minimum internal temperature of 165°F throughout the bird, as measured with a food thermometer.
- Cook ground meat to 160°F. Information from the Centers for Disease Control and Prevention (CDC) links eating undercooked ground beef with a higher risk of illness. Remember, color is not a reliable indicator of doneness. Use a food thermometer to check the internal temperature of your burgers.
- Cook eggs until the yolk and white are firm, not runny. Don't use recipes in which eggs remain raw or only partially cooked. Casseroles and other dishes containing eggs should be cooked to 160°F.
- Cook fish to 145°F or until the flesh is opaque and separates easily with a fork.
- Make sure there are no cold spots in food (where bacteria can survive) when cooking in a microwave oven. For best results, cover food, stir and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking.
- Bring sauces, soups and gravy to a boil when reheating. Heat other leftovers thoroughly to 165°F.
- Use microwave-safe cookware and plastic wrap when cooking foods in a microwave oven.



## Chill: Refrigerate Promptly

- Refrigerate foods quickly because cold temperatures slow the growth of harmful bacteria. Do not over-stuff the refrigerator. Cold air must circulate to help keep food safe. Keeping a constant refrigerator temperature of 40°F or below is one of the most effective ways to reduce the risk of food borne illness. Use an appliance thermometer to be sure the temperature is consistently 40°F or below. The freezer temperature should be 0°F or below.
- Refrigerate or freeze meat, poultry, eggs, and other perishables as soon as you get them home from the store.
- Never let raw meat, poultry, eggs, cooked food, or cut fresh fruits or vegetables sit at room temperature more than two hours before putting them in the refrigerator or freezer (one hour when the temperature is above 90°F).
- Never defrost food at room temperature. Food must be kept at a safe temperature during thawing. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave using the defrost setting. Food thawed in cold water or in the microwave should be cooked immediately.
- Always marinate food in the refrigerator.
- Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.
- Use or discard refrigerated food on a regular basis.
- Prepare cooked food, such as turkey, ham, chicken, and vegetable or pasta salads, ahead of time to allow for thorough chilling in the refrigerator. Divide large amounts of food into shallow containers for fast chilling and easier use. Keep cooked food refrigerated until time to leave home.
- To keep lunches cold away from home, include a small frozen gel pack or frozen juice box. Of course, if there's a refrigerator available, store perishable items there upon arrival. Insulated, soft-sided lunch boxes or bags are best for keeping food cold, but metal or plastic lunch boxes and paper bags can also be used. If using paper lunch bags, create layers by double bagging to help insulate the food.
- Some food is safe without a cold source. Items that don't require refrigeration include whole fruits and vegetables, hard cheese, unopened canned meat and fish, chips, breads, crackers, peanut butter, jelly, mustard, and pickles.
- Use an insulated container to keep food like soup, chili, and stew hot. Fill the container with boiling water, let stand for a few minutes, empty, and then put in the piping hot food. Keep the insulated container closed until lunchtime to keep the food hot — 140°F or above.



# Causes of Food Poisoning

Germes are found all over the world, in all kinds of places. The four major types of germs are: bacteria, viruses, fungi, and protozoa. They can invade plants, animals, and people, and sometimes they make us sick. Each year, millions of people in the United States get sick from contaminated food. Symptoms of food poisoning include upset stomach, abdominal cramps, nausea and vomiting, diarrhea, fever, and dehydration. Symptoms may range from mild to severe.

- **Bacteria and Viruses**

Bacteria and viruses are the most common cause of food poisoning. The symptoms and severity of food poisoning vary, depending on which bacteria or virus has contaminated the food.

- **Parasites**

Parasites are organisms that derive nourishment and protection from other living organisms known as hosts. In the United States, the most common food borne parasites are protozoa, roundworms, and tapeworms.

- **Mold, Toxins, and Contaminants**

Most food poisoning is caused by bacteria, viruses, and parasites rather than toxic substances in the food. But, some cases of food poisoning can be linked to either natural toxins or chemical toxins.

- **Allergens**

Food allergy is an abnormal response to a food triggered by your body's immune system. Some foods, such as nuts, milk, eggs, or seafood, can cause allergic reactions in people with food allergies.

# Causes of Food Poisoning

- **Salmonella Enteritis-** bacteria linked to raw, uncooked eggs, poultry, unwashed raw vegetables and fruits.  
Symptoms- nausea, vomiting, fever, abdominal pain, diarrhea, dehydration, weakness and loss of appetite.  
Prevention- cook food through, wash all fruits and vegetables, wipe up raw meat juice from counter and sanitize, clean utensils etc.
- **Staphylococcal Enteritis-** bacteria multiplies in warm temperatures and thrives on protein.  
Symptoms- nausea, diarrhea, headache, fever, chills, weakness and dizziness.  
Prevention- wash hands and utensils before serving food, cook meat thoroughly, refrigerate leftovers promptly and in covered containers
- **Escherichia Coli Enteritis (E. Coli)-** bacteria that attacks the intestinal tract, It can be transmitted from one person to another. It grows at temperatures of 44 degrees and above. It can cause serious illness for elderly adults and young children.  
Symptoms- nausea, vomiting, diarrhea, fever, and abdominal cramps.  
Prevention- foods need to be prepared in sanitary conditions, cook food through, and refrigerate foods below 44 degrees.
- **Botulism-** this is a deadly disease. Ingestion of bacteria.  
Symptoms- dry mouth, double vision, nausea, vomiting, diarrhea, abdominal cramps, sore throat, dizziness, constipation, muscle weakness, muscle paralysis, difficulty swallowing and breathing.  
Prevention- never use food from bulging containers/cans, strange odor or appearance, cool leftovers quickly, and reheat all refrigerated leftover foods.
- **Trichinosis-** is caused by the parasite Trichinella Spiralis. Its larvae can remain alive in humans tissue for years. You get it from eating undercooked or raw meat with the parasite.  
Symptoms- stomach ache, nausea, vomiting, and diarrhea. This occurs within one week of digesting the parasite. Usually from pork.  
Prevention- Cook meats all the way through.....especially pork.
- **Hepatitis-** Hepatitis A is one of five viruses that causes inflammation of the liver. The others are B, C, D and E. Hepatitis A is a mild illness characterized by sudden fever, nausea, abdominal discomfort, followed by days of Jaundice. Patients with Anorexia often may have hepatitis A.  
Prevention- A vaccine can prevent the disease in many cases. Wash hands with soap and warm water before preparing and eating food, scrub under fingernails, cook shellfish thoroughly, drink water from approved sources only, keep bathrooms clean and disinfected.

# Know your tools

- **There are many:**
  - Different size and types of knives (sharp/safe)
  - Pots for cooking, boiling, simmering etc.
  - Measuring devices for recipes to follow.
  - Pans for frying, boiling, sautéing etc.
  - Strainers to drain fluids from foods
  - Spatula's, Whisks, Spoons/Forks/knives
  - Bowls for preparation & mixing.
  - Hands
- **Decide which utensils you need before you go**
  - Spatula, tongs, knife, spoon, paper towels, pot holders, cutting boards
  - Remember to use proper utensils with Teflon coated pots and pans
- **Clean as you go**
  - Keep cooking areas clean at all times.
  - Clean and wipe surfaces and your hands as you go.
  - Clean utensils after using for another course, not to spread possible bacteria or germs.
  - Make certain bowls are cleaned before needing them for another part of the meal.
  - Clean pots, soak in water so food does not dry onto surfaces and becomes harder to clean.



# Heat Sources

- Heat can be required when preparing foods to eat. Some basic guidelines to follow;
  - Always cook under adult supervision.
  - Dress appropriately when cooking, no dangling jewelry, try not to wear real loose clothing, open sweater, open jacket. You do not want anything to be able to dangle into fire/stove etc. Also possibly getting pulled in by a power kitchen tool or catching a pot on the stove.
  - Keep stove/oven area clean. Do not keep paper, towels oven mitts or pot holder close to heat source.
- Camp Fires
  - Understand all safety rules from BSA handbook
  - Check with park/ranger office to see if camp fires are permitted.
  - Secure necessary permits if needed.
  - Do not store coals and fire starting equipment next to fire
  - Clear all flammable vegetation 5" from fire.
  - Attend to fire at all times.
  - Keep fire fighting tools handy water and/or shovel.
  - Leave fire only when it is out/cold.
  - Leave No Trace





# **Heat Sources**

## **GUIDELINES FOR SAFELY USING CHEMICAL STOVES AND LANTERNS**

1. Use compressed or liquid-gas stoves and/or lanterns only with knowledgeable adult supervision, and in Patriots' Path Council camp facilities.
2. Operate and maintain regularly according to manufacturer's instructions included with the stove or lantern.
3. Store fuel in approved containers under adult supervision. Keep all chemical fuel containers away from hot stoves and campfires, and store below 100 degrees Fahrenheit.
4. Let hot stoves and lanterns cool before changing cylinders of compressed gas or refilling from bottles of liquid gas.
5. Refill liquid gas stoves and lanterns a safe distance from any flames, including other stoves, campfires and personal smoking substances. Commercial camp stove fuel should be used for safety and performance. Pour through a filter funnel. Recap both the device and the fuel container before igniting.
6. Never fuel a stove or a lantern inside a cabin; always do this out-of-doors. Do not operate a stove or lantern in an unventilated structure. Provide at least two ventilation openings, one high and one low, to provide oxygen and exhaust for lethal gasses. Never fuel, ignite, or operate a stove or lantern in a tent.
7. Place the stove on a level, secure surface before operating. On snow, place insulated support under stove to prevent melting and tipping.
8. With soap solution, periodically check the fittings for leakage on compressed gas stoves and pressurized liquid gas stoves before lighting.
9. When lighting a stove keep fuel bottles and extra canisters well away. Do not hover over the stove when lighting. Keep your head and body to one side. Open the stove valve quickly for two full turns and light carefully, with your head, fingers and hands to the side of the burner. Then adjust down.
10. Do not leave a lighted stove or lantern unattended.
11. Do not overload the stovetop with extra-heavy pots or large frying pans. If pots over 2 quarts are necessary, set up a freestanding grill to hold the pots and place stove under grill.
12. Bring empty fuel containers home for disposal. Do not place in or near fires. Empty fuel containers will explode if heated.

# Common Cooking Injuries

- Burns and scalds take place when contact is made with hot objects, chemicals, electrical sources, radiated heat, frozen surfaces, friction or radiation. Scalds are from boiling fluids or steam.
  - Treatment:
    - Step #1- Stop the burn; put the flames out. Burns continue to burn until they are cooled.
    - Step #2- Cool the burn, large cool amounts of water. Never use ice, it causes body heat loss. Use cool compress, water soaked towel etc.
    - Step #3- Cover the burn; Use dry sterile dressing or a clean cloth to help prevent infection. Cover lightly so air can get into wound; this will help in healing process. DO NOT BREAK BLISTERS!
    - First and Second degree burns are treatable with ointments, loose dressings and keeping it clean.
    - Third degree burns require medical attention. Raise the burned area above the victims heart. Protect victim from drafts.
- Take time to prepare meals without rushing.
  - Setup your cooking area with ingredients, pots, pans, cooking utensils, cutting boards, pot holders (oven mitts), paper towels to clean
- Always use pot holders that are in good repair.
- Keep stove clear of anything that can catch on fire (paper, towels, pot holders)
- Keep pot handles turned toward the back of the stove.
- Cook on the back burners whenever possible, but avoid reaching over an open flame or hot burner. Be sure pan handles point toward the back of the stove. This will prevent someone from bumping into the pans and getting burned by hot foods or boiling water.
- Use caution when moving heavy pots of liquids from the stove.
- Avoid using area rugs in the kitchen, especially near the stove.
- Keep all heated liquid and food out of children's reach, and never hold anything hot while carrying a child.
- Keep young children out of cooking area during cooking time.
- Do not leave hot foods unattended on a table with a table cloth around children.
- Be careful of the type of clothing being worn.
- Ensure camp stoves are working properly.
- Ensure all safety fire standards are adhered to by all cooking around an open fire.
- Ensure pots/pans are stabilized in open fire area not to fall and burn anyone.

# Common Cooking Injuries

Under the following conditions, there is no need to call for medical assistance but do let an adult know immediately when a person suffers a cut, scrape, bump, or bruise:

- The injury is small (less than ½ inch around) and very shallow (less than ¼ inch depth).
- There is no bleeding, or only slight bleeding. Make sure you follow the universal guidelines, such as wearing protective gloves, to prevent the spread of dangerous infections.
- The victim is not in excessive pain.
- The victim does not feel numbness or tingling.
- The person is not suffering any paralysis.
- The victim does not seem to have any broken bones or dislocation at the joints. (If the victim is in a great amount of pain and the shoulder, leg, arm, or ankle appears to be lying or hanging at an awkward angle, there is a good chance he or she has a broken bone or a dislocation.)

## **The Difference Between a Cut, a Bump, and a Bruise**

A cut and a bruise, with or without swelling, are basically the same thing, except that one occurs at the body's surface, and the other occurs under the surface, in the soft tissue below the skin. In fact, the ugly black and blue marks you see when you bruise are really blood clots that form under the skin. The worse they look, the more they are clotting and healing. But because bruises (and their potential partner, swelling) don't break through the skin, there is a difference in first aid treatment. Follow these steps for treating bruises.

1. Immediately apply an ice pack to the bruise to reduce swelling. (If an ice pack isn't available, use ice wrapped in a cloth or as cold a compress as you can make.)
2. If possible, elevate the bruised area so that it is higher than the heart. This keeps blood from "pooling" in the affected area (and thus creating more internal bleeding and swelling).
3. Keep the bruise elevated for approximately 15 minutes if the wound is minor. If the bruise is severe and it covers a large portion of the body, call for help. Keep a severe bruise elevated for at least an hour or until a trained emergency care team arrives.
4. If the bruise doesn't appear to be getting any better and more than 24 hours have passed, see your physician.
5. Seek prompt medical help if there is any swelling around the bruise, especially if it occurs at a joint. This can signal danger to nerves, muscles, and bones, all of which require a trained physician's attention.

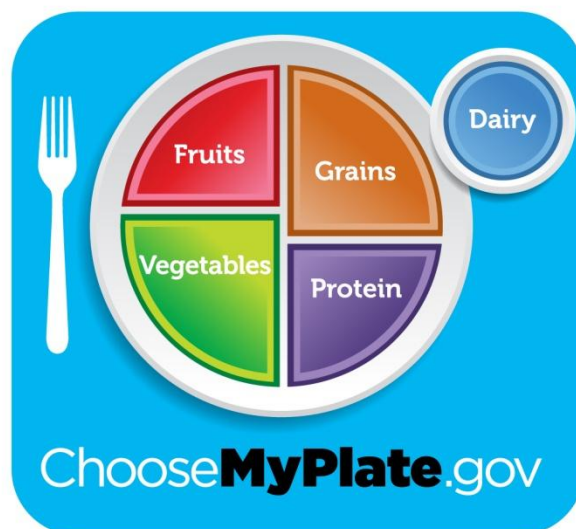
## **Cut and Scrape First Aid**

Here are simple first aid procedures for treating minor scrapes and cuts:

- If the injured area has a skin scrape, wash it with mild soap and lukewarm water.
- Apply Bacitracin or some other type of antibacterial cream or spray to prevent infection.
- Cover the wound with a sterile gauze pad and tape or a simple Band-Aid. If sterile gauze is not available use a clean, absorbent cloth to apply pressure to stop the bleeding.

# Nutrition

## Food Groups



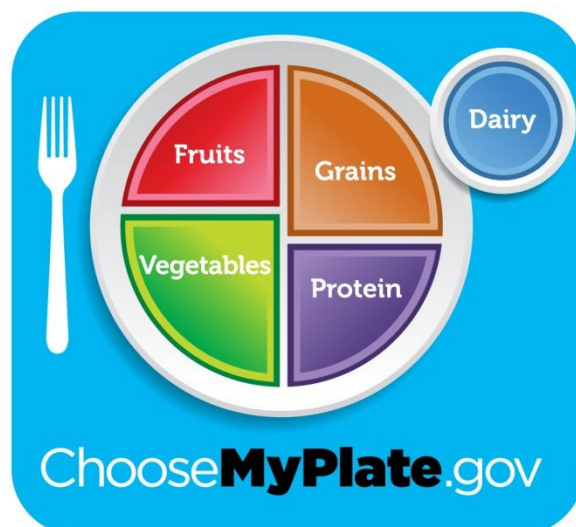


# Choose My Plate

## Get To Know Your Food Groups

With the release of the 2010 Dietary Guidelines the USDA replaced the Food Pyramid with the Choose My Plate initiative. ChooseMyPlate illustrates the five food groups that are the building blocks for a healthy diet using a familiar image—a place setting for a meal. Before you eat, think about what goes on your plate or in your cup or bowl.

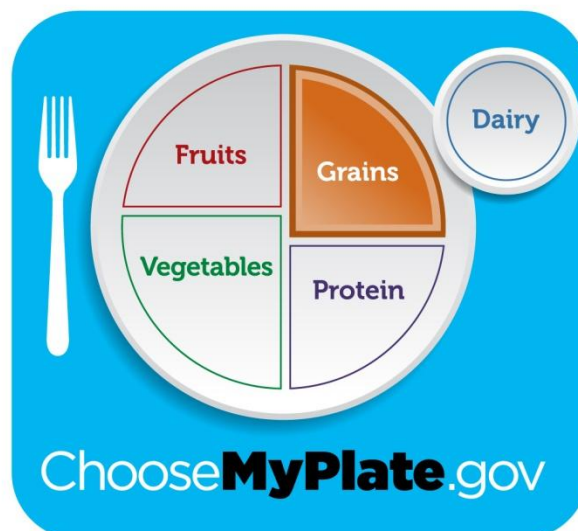
- **Fruits**
  - **Focus on fruits.**
- **Vegetables**
  - **Vary your veggies.**
- **Grains**
  - **Make at least half your grains whole.**
- **Protein Foods**
  - **Go lean with protein.**
- **Dairy**
  - **Get your calcium-rich foods.**



# Grains

## Make half your grains whole

- Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.
- Grains are divided into 2 subgroups, Whole Grains and Refined Grains.
  - **Whole Grains** contain the entire grain kernel — the bran, germ, and endosperm are complex carbohydrates. Provide energy and stamina for the body. Ex's whole wheat bread, oatmeal, brown rice. Good source of fiber, iron and many B vitamins. These grains take the body longer to process. Good hiking food.
  - **Refined Grains** have been milled, a process that removes the bran and germ. This is done to give grains a finer texture and improve their shelf life, but it also removes dietary fiber, iron, and many B vitamins. They are enriched with vitamins, but not the bran. Ex's are noodles, rice, pasta, macaroni, white flour.



# 10 tips

Nutrition  
Education Series

## make half your grains whole



### 10 tips to help you eat whole grains

**Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product.** Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

#### 1 make simple switches

To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.



#### 2 whole grains can be healthy snacks



Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter.

Also, try 100% whole-wheat or rye crackers.

#### 3 save some time

Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

#### 4 mix it up with whole grains

Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

#### 5 try whole-wheat versions

For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.



#### 6 bake up some whole-grain goodness

Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

#### 7 be a good role model for children

Set a good example for children by serving and eating whole grains every day with meals or as snacks.

#### 8 check the label for fiber

Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.



#### 9 know what to look for on the ingredients list

Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

#### 10 be a smart shopper

The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain any whole grain.



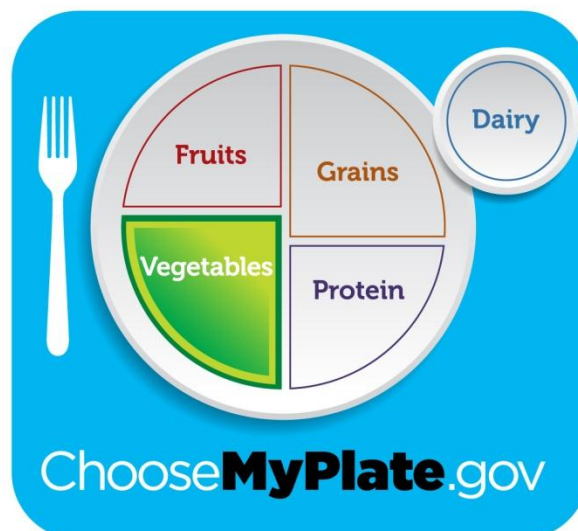
# Vegetables

Vary your veggies

Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Fresh is best, then frozen

Vegetables are organized into 5 subgroups, based on their nutrient content.

- Greens; broccoli, collard greens, turnip, leafy lettuce.
- Red and Orange; acorn squash, butternut squash, pumpkin.
- Beans and Peas black eyed peas, garbanzo, lentils, navy bean, soybeans etc.
- Starchy sweet corn, green peas, lima beans, potatoes
- Other Vegetables artichokes, asparagus, beets, brussels sprout, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, okra and radish.





# 10 tips

Nutrition  
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## add more vegetables to your day

### 10 tips to help you eat more vegetables



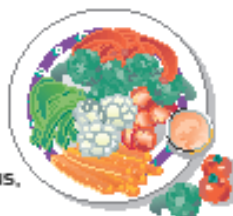
**It's easy to eat more vegetables!** Eating vegetables is important because they provide vitamins and minerals and most are low in calories. To fit more vegetables in your meals, follow these simple tips. It is easier than you may think.

#### 1 discover fast ways to cook

Cook fresh or frozen vegetables in the microwave for a quick-and-easy dish to add to any meal. Steam green beans, carrots, or broccoli in a bowl with a small amount of water in the microwave for a quick side dish.

#### 2 be ahead of the game

Cut up a batch of bell peppers, carrots, or broccoli. Pre-package them to use when time is limited. You can enjoy them on a salad, with hummus, or in a veggie wrap.



#### 3 choose vegetables rich in color

Brighten your plate with vegetables that are red, orange, or dark green. They are full of vitamins and minerals. Try acorn squash, cherry tomatoes, sweet potatoes, or collard greens. They not only taste great but also are good for you, too.

#### 4 check the freezer aisle

Frozen vegetables are quick and easy to use and are just as nutritious as fresh veggies. Try adding frozen corn, peas, green beans, spinach, or sugar snap peas to some of your favorite dishes or eat as a side dish.

#### 5 stock up on veggies

Canned vegetables are a great addition to any meal, so keep on hand canned tomatoes, kidney beans, garbanzo beans, mushrooms, and beets. Select those labeled as "reduced sodium," "low sodium," or "no salt added."



#### 6 make your garden salad glow with color

Brighten your salad by using colorful vegetables such as black beans, sliced red bell peppers, shredded radishes, chopped red cabbage, or watercress. Your salad will not only look good but taste good, too.



#### 7 sip on some vegetable soup

Heat it and eat it. Try tomato, butternut squash, or garden vegetable soup. Look for reduced- or low-sodium soups.

#### 8 while you're out

If dinner is away from home, no need to worry. When ordering, ask for an extra side of vegetables or side salad instead of the typical fried side dish.

#### 9 savor the flavor of seasonal vegetables

Buy vegetables that are in season for maximum flavor at a lower cost. Check your local supermarket specials for the best-in-season buys. Or visit your local farmer's market.



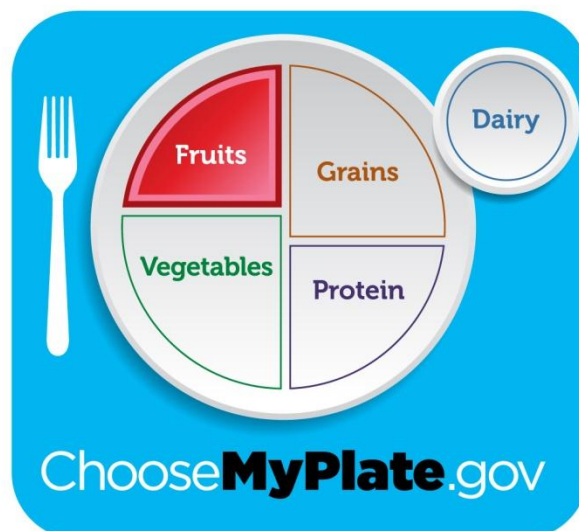
#### 10 try something new

You never know what you may like. Choose a new vegetable—add it to your recipe or look up how to fix it online.

# Fruits

## Focus on fruits

- Fruits can be fresh, frozen, canned or dried.
- Great substitutes for sugary sweets.
  - Berries blueberries, raspberries, strawberries.
  - Citrus Clementine's, oranges, grapefruit, lemons, limes, tangerines, pineapple.
  - Melons cantaloupe, honeydew
  - Pitted apricots, avocado, cherries, mangoes, prune
  - Others apples, banana, grapes, kiwi fruit, pears, watermelon.
  - 100% Fruit Juice



# 10 tips

Nutrition  
Education Series

## focus on fruits

### 10 tips to help you eat more fruits



**Eating fruit provides health benefits.** People who eat more vegetables and fruits as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Fruits provide nutrients vital for health, such as potassium, dietary fiber, vitamin C, and folate (folic acid). Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Any fruit or 100% fruit juice counts as a part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

- 1** **keep visible reminders**  
Keep a bowl of whole fruit on the table, counter, or in the refrigerator.



- 2** **think about taste**  
Buy fresh fruits in season when they may be less expensive and at their peak flavor. Add fruits to sweeten a recipe.



- 3** **think about variety**  
Buy fruits that are dried, frozen, and canned (in water or 100% juice) as well as fresh, so that you always have a supply on hand.

- 4** **don't forget the fiber**  
Make most of your choices whole or cut-up fruit, rather than juice, for the benefits that dietary fiber provides.



- 5** **be a good role model**  
Set a good example for children by eating fruit every day with meals or as snacks.

- 6** **include fruit at breakfast**  
At breakfast, top your cereal with bananas, peaches, or strawberries; add blueberries to pancakes; drink 100% orange or grapefruit juice. Or, try a fruit mixed with fat-free or low-fat yogurt.



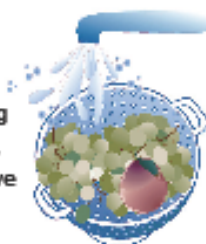
- 7** **try fruit at lunch**  
At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.

- 8** **experiment with fruit at dinner, too**  
At dinner, add crushed pineapple to coleslaw, or include orange sections, dried cranberries, or grapes in a tossed salad.

- 9** **snack on fruits**  
Dried fruits make great snacks. They are easy to carry and store well.



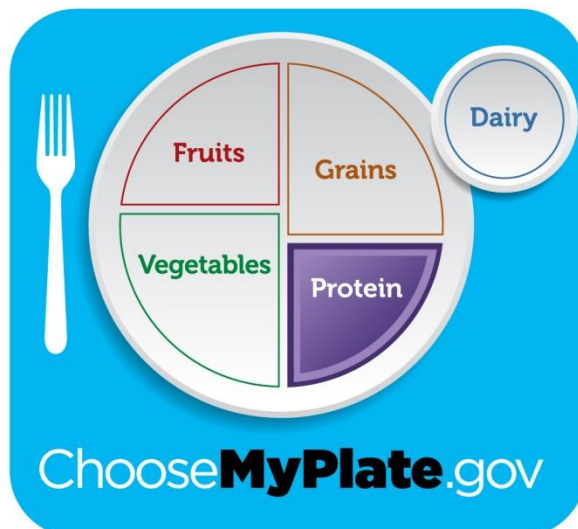
- 10** **keep fruits safe**  
Rinse fruits before preparing or eating them. Under clean, running water, rub fruits briskly to remove dirt and surface microorganisms. After rinsing, dry with a clean towel.



# Meat and Beans

Go lean on protein

- All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group. Beans and Peas are unique foods.
- Select a variety of protein foods to improve nutrient intake and health benefits, including at least 8 ounces of cooked seafood per week. Young children need less, depending on their age and calorie needs.
- The advice to consume seafood does not apply to vegetarians. Vegetarian options in the Protein Foods Group include beans and peas, processed soy products, and nuts and seeds. Meat and poultry choices should be lean or low-fat
- These products supply most of your protein to keep bones and muscles strong. It also provides energy.
- Utilize lean cuts of meat and poultry.
- Some meats that are not lean are extremely fattening like bacon, sausage, hotdogs, processed meats. These should be used sparingly.





**10  
tips**  
*Nutrition  
Education Series*

# with protein foods, variety is key



## 10 tips for choosing protein

**Protein foods include both animal (meat, poultry, seafood, and eggs) and plant (beans, peas, soy products, nuts, and seeds) sources.** We all need protein—but most Americans eat enough, and some eat more than they need. How much is enough? Most people, ages 9 and older, should eat 5 to 7 ounces\* of protein foods each day.

### 1 vary your protein food choices

Eat a variety of foods from the Protein Foods Group each week. Experiment with main dishes made with beans or peas, nuts, soy, and seafood.

### 2 choose seafood twice a week

Eat seafood in place of meat or poultry twice a week. Select a variety of seafood—include some that are higher in oils and low in mercury, such as salmon, trout, and herring.



### 3 make meat and poultry lean or low fat

Choose lean or low-fat cuts of meat like round or sirloin and ground beef that is at least 90% lean. Trim or drain fat from meat and remove poultry skin.

### 4 have an egg

One egg a day, on average, doesn't increase risk for heart disease, so make eggs part of your weekly choices. Only the egg yolk contains cholesterol and saturated fat, so have as many egg whites as you want.

### 5 eat plant protein foods more often

Try beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), nuts, and seeds. They are naturally low in saturated fat and high in fiber.



### 6 nuts and seeds

Choose unsalted nuts or seeds as a snack, on salads, or in main dishes to replace meat or poultry. Nuts and seeds are a concentrated source of calories, so eat small portions to keep calories in check.

### 7 keep it tasty and healthy

Try grilling, broiling, roasting, or baking—they don't add extra fat. Some lean meats need slow, moist cooking to be tender—try a slow cooker for them. Avoid breading meat or poultry, which adds calories.

### 8 make a healthy sandwich

Choose turkey, roast beef, canned tuna or salmon, or peanut butter for sandwiches. Many deli meats, such as regular bologna or salami, are high in fat and sodium—make them occasional treats only.



### 9 think small when it comes to meat portions

Get the flavor you crave but in a smaller portion. Make or order a smaller burger or a "petite" size steak.

### 10 check the sodium

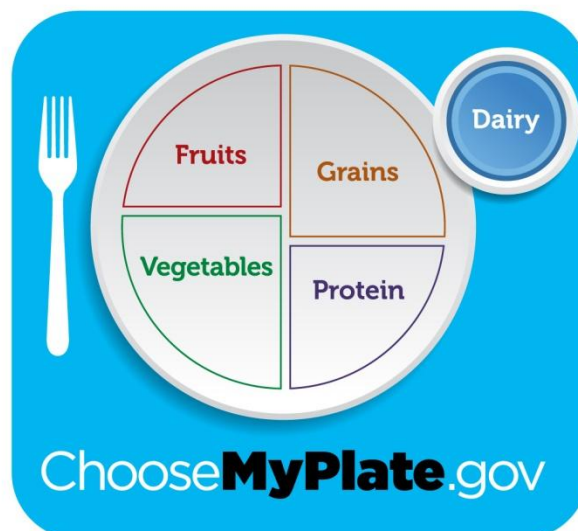
Check the Nutrition Facts label to limit sodium. Salt is added to many canned foods—including beans and meats. Many processed meats—such as ham, sausage, and hot dogs—are high in sodium. Some fresh chicken, turkey, and pork are brined in a salt solution for flavor and tenderness.

\* What counts as an ounce of protein foods? 1 ounce lean meat, poultry, or seafood; 1 egg; ¼ cup cooked beans or peas; ½ ounce nuts or seeds; or 1 tablespoon peanut butter.

# Dairy

Get your calcium rich foods

- All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat.
- Foods made from milk that retain their calcium content are part of the group.
- Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not.
- Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.
- Use low fat or skim as much as possible, regular milk is very high in calories and fat.
- Yogurts, sweetened drink/chocolate, strawberry milk high in sugar. Limit to skim to reduce calories.



# 10 tips

Nutrition  
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## got your dairy today?

**10 tips** to help you eat and drink  
more fat-free or low-fat dairy foods



**The Dairy Group includes milk, yogurt, cheese, and fortified soymilk.** They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups\* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

### 1 "skim" the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn't reduce calcium or other essential nutrients.

### 2 boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.



### 3 top off your meals



Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.

### 4 choose cheeses with less fat

Many cheeses are high in saturated fat. Look for "reduced-fat" or "low-fat" on the label. Try different brands or types to find the one that you like.

### 5 what about cream cheese?

Regular cream cheese, cream, and butter are *not* part of the dairy food group. They are high in saturated fat and have little or no calcium.

### 6 ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.

### 7 choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.

### 8 caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.

### 9 can't drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.

### 10 take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone's benefit.



\* What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

# Oils

## Know your fats

- Oils are fats that are liquid at room temperature, like the vegetable oils used in cooking. Oils come from many different plants and from fish. Oils are NOT a food group, but they provide essential nutrients. Therefore, oils are included in USDA food patterns.

Some commonly eaten oils include:

canola oil	corn oil
cottonseed oil	olive oil
safflower oil	soybean oil
sunflower oil	

- Some oils are used mainly as flavorings, such as walnut oil and sesame oil. A number of foods are naturally high in oils, like:

nuts	olives
some fish	avocados
- Foods that are mainly oil include mayonnaise, certain salad dressings, and soft (tub or squeeze) margarine with no *trans* fats. Check the [Nutrition Facts label](#) to find margarines with 0 grams of *trans* fat. Amounts of *trans* fat are required to be listed on labels.
- Most oils are high in monounsaturated or polyunsaturated fats, and low in saturated fats. Oils from plant sources (vegetable and nut oils) do not contain any cholesterol. In fact, no plant foods contain cholesterol.
- A few plant oils, however, including coconut oil, palm oil, and palm kernel oil, are high in saturated fats and for nutritional purposes should be considered to be solid fats.
- Solid fats are fats that are solid at room temperature, like butter and shortening. Solid fats come from many animal foods and can be made from vegetable oils through a process called hydrogenation. Some common fats are:
  - butter
  - milk fat
  - beef fat (tallow, suet)
  - chicken fat
  - pork fat (lard)
  - stick margarine
  - shortening
  - partially hydrogenated oil

# Beans and Peas

are unique foods

- Beans and peas are the mature forms of legumes. They include kidney beans, pinto beans, black beans, lima beans, black-eyed peas, garbanzo beans (chickpeas), split peas and lentils. They are available in dry, canned, and frozen forms. These foods are excellent sources of plant protein, and also provide other nutrients such as iron and zinc. They are similar to meats, poultry, and fish in their contribution of these nutrients. Therefore, they are considered part of the Protein Foods Group. Many people consider beans and peas as vegetarian alternatives for meat. However, they are also considered part of the Vegetable Group because they are excellent sources of dietary fiber and nutrients such as folate and potassium. These nutrients, which are often low in the diet of many Americans, are also found in other vegetables.
- Because of their high nutrient content, consuming beans and peas is recommended for everyone, including people who also eat meat, poultry, and fish regularly.
- Green peas, green lima beans, and green (string) beans are not considered to be part of the beans and peas subgroup.



# Calories

## Know your calories

- **Discretionary calories** are add-on calories that most people forget about like butter on a baked potato, cheese on top of French fries, chocolate or strawberry added to milks, gravy on meat and potatoes.
- A lot of people try to eat better and use lean meats, skim milk etc. However they do not pay attention to the discretionary calories. These can add up to a lot if not watched.
- **Estimate daily calorie needs** to determine which food intake pattern to use for an individual, the following chart gives an estimate of individual calorie needs. The calorie range for each age/sex group is based on physical activity level, from sedentary to active.
  - Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.
  - Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.

Age	Calorie	
	Sedentary	Active
Children		
2–3 years	1,000	1,400
Females		
4–8 years	1,200	1,800
9–13	1,600	2,200
14–18	1,800	2,400
19–30	2,000	2,400
31–50	1,800	2,200
51+	1,600	2,200
Males		
4–8 years	1,400	2,000
9–13	1,800	2,600
14–18	2,200	3,200
19–30	2,400	3,000
31–50	2,200	3,000
51+	2,000	2,800

# Physical Activity

Strive for 60 minutes or more per day

- Being physically active can improve your health — today, tomorrow, and in the future. However, most people do not do enough physical activity. People of all types, shapes, sizes, and abilities can benefit from being physically active. The more you do, the greater the health benefits and the better you'll feel. The information and tips below can help you learn ways to add physical activity to your life.
- Physical activity simply means movement of the body that uses energy. Walking, gardening, briskly pushing a baby stroller, climbing the stairs, playing soccer, or dancing the night away are all good examples of being active. For health benefits, physical activity should be moderate or vigorous intensity.
- Children and adolescents should do 60 minutes or more of physical activity each day. Most of the 60 minutes should be either moderate- or vigorous intensity aerobic physical activity, and should include vigorous-intensity physical activity at least 3 days a week. As part of their 60 or more minutes of daily physical activity, children and adolescents should include muscle-strengthening activities, like climbing, at least 3 days a week and bone-strengthening activities, like jumping, at least 3 days a week. Children and adolescents are often active in short bursts of time rather than for sustained periods of time, and these short bursts can add up to meet physical activity needs. Physical activities for children and adolescents should be developmentally-appropriate, fun, and offer variety.



# My Daily Food Plan

Daily recommended amount for each group\*

 <p><b>GRAINS</b> 9 ounces</p>	 <p><b>VEGETABLES</b> 3 1/2 cups</p>	 <p><b>FRUITS</b> 2 cups</p>	 <p><b>DAIRY</b> 3 cups</p>	 <p><b>PROTEIN FOODS</b> 6 1/2 ounces</p>
<p><b>Make half your grains whole</b> Aim for at least <b>4 1/2 ounces</b> of whole grains a day</p>	<p><b>Vary your veggies</b> Aim for these amounts <b>each week:</b> <b>Dark green veggies</b> = 2 1/2 cups <b>Red &amp; orange veggies</b> = 7 cups <b>Beans &amp; peas</b> = 2 1/2 cups <b>Starchy veggies</b> = 7 cups <b>Other veggies</b> = 5 1/2 cups</p>	<p><b>Focus on fruits</b> Eat a variety of fruit Choose whole or cut-up fruits more often than fruit juice</p>	<p><b>Get your calcium-rich foods</b> Drink fat-free or low-fat (1%) milk, for the same amount of calcium and other nutrients as whole milk, but less fat and Calories Select fat-free or low-fat yogurt and cheese, or try calcium-fortified soy products</p>	<p><b>Go lean with protein</b> Twice a week, make seafood the protein on your plate Vary your protein routine—choose beans, peas, nuts, and seeds more often Keep meat and poultry portions small and lean</p>

\*Based on 2600 calorie pattern



# Meal Planning and Preparation at Home

# **Planning and Preparation**

## **At Home**

- **Planning & Preparation**
  - When will you be cooking, and what types of meals will you need?
  - Who will you cook for? Special dietary needs?
  - Select recipes using the Food Pyramid.
  - Make a list of foods needed, create a shopping list based on the ingredients needed.
  - Create and follow a timetable for the preparation of each dish for the meal.
- **Understanding Equipment Used**
  - Need to know how to use appliances correctly.
  - What appliances are used every day?
  - Do you know how each one works?
  - If you do not know how to use the appliance, where can you find the info how?
  - Make sure the appliances are in good working order.
  - How can we work safely with Microwave Ovens?
- **Planning Meals**
  - Always stay within budget set. Do a grocery shopping list.
  - Buying in bulk saves money. Separate portions and freeze amounts in family size portion.
  - Plan for leftovers, be creative, save a penny
  - Use packages to help you plan. Serving size, cooking time, extra ingredients needed etc..
  - Spices are important, do not use too much, check local cookbook for when to use and how much to use.
  - Leave the difficult meals for home!



# 10 tips

Nutrition  
Education Series

## choose MyPlate

### 10 tips to a great plate



**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.**

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

#### 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

#### 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



#### 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

#### 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



#### 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

#### 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



#### 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

#### 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

#### 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



#### 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

# 10 tips

Nutrition  
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## smart shopping for veggies and fruits



### 10 tips for affordable vegetables and fruits

**It is possible to fit vegetables and fruits into any budget.** Making nutritious choices does not have to hurt your wallet. Getting enough of these foods promotes health and can reduce your risk of certain diseases. There are many low-cost ways to meet your fruit and vegetable needs.

#### 1 celebrate the season

Use fresh vegetables and fruits that are in season.

They are easy to get, have more flavor, and are usually less expensive. Your local farmer's market is a great source of seasonal produce.



#### 2 why pay full price?

Check the local newspaper, online, and at the store for sales, coupons, and specials that will cut food costs. Often, you can get more for less by visiting larger grocery stores (discount grocers if available).

#### 3 stick to your list

Plan out your meals ahead of time and make a grocery list. You will save money by buying only what you need. Don't shop when you're hungry. Shopping after eating will make it easier to pass on the tempting snack foods. You'll have more of your food budget for vegetables and fruits.

#### 4 try canned or frozen

Compare the price and the number of servings from fresh, canned, and frozen forms of the same veggie or fruit. Canned and frozen items may be less expensive than fresh. For canned items, choose fruit canned in 100% fruit juice and vegetables with "low sodium" or "no salt added" on the label.



#### 5 buy small amounts frequently

Some fresh vegetables and fruits don't last long. Buy small amounts more often to ensure you can eat the foods without throwing any away.

#### 6 buy in bulk when items are on sale

For fresh vegetables or fruits you use often, a large size bag is the better buy. Canned or frozen fruits or vegetables can be bought in large quantities when they are on sale, since they last much longer.

#### 7 store brands = savings

Opt for store brands when possible. You will get the same or similar product for a cheaper price. If your grocery store has a membership card, sign up for even more savings.



#### 8 keep it simple

Buy vegetables and fruits in their simplest form. Pre-cut, pre-washed, ready-to-eat, and processed foods are convenient, but often cost much more than when purchased in their basic forms.

#### 9 plant your own

Start a garden—in the yard or a pot on the deck—for fresh, inexpensive, flavorful additions to meals. Herbs, cucumbers, peppers, or tomatoes are good options for beginners. Browse through a local library or online for more information on starting a garden.



#### 10 plan and cook smart

Prepare and freeze vegetable soups, stews, or other dishes in advance. This saves time and money. Add leftover vegetables to casseroles or blend them to make soup. Overripe fruit is great for smoothies or baking.

**10  
tips**  
*Nutrition  
Education Series*

# eating better on a budget



## 10 tips to help you stretch your food dollars

**Get the most for your food budget!** There are many ways to save money on the foods that you eat. The three main steps are planning before you shop, purchasing the items at the best price, and preparing meals that stretch your food dollars.

### 1 plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Include meals like stews, casseroles, or stir-fries, which “stretch” expensive items into more portions. Check to see what foods you already have and make a list for what you need to buy.



### 2 get the best price

Check the local newspaper, online, and at the store for sales and coupons. Ask about a loyalty card for extra savings at stores where you shop. Look for specials or sales on meat and seafood—often the most expensive items on your list.

### 3 compare and contrast

Locate the “Unit Price” on the shelf directly below the product. Use it to compare different brands and different sizes of the same brand to determine which is more economical.

### 4 buy in bulk

It is almost always cheaper to buy foods in bulk. Smart choices are family packs of chicken, steak, or fish and larger bags of potatoes and frozen vegetables. Before you shop, remember to check if you have enough freezer space.

### 5 buy in season

Buying fruits and vegetables in season can lower the cost and add to the freshness! If you are not going to use them all right away, buy some that still need time to ripen.

### 6 convenience costs... go back to the basics

Convenience foods like frozen dinners, pre-cut vegetables, and instant rice, oatmeal, or grits will cost you more than if you were to make them from scratch. Take the time to prepare your own—and save!

### 7 easy on your wallet

Certain foods are typically low-cost options all year round. Try beans for a less expensive protein food. For vegetables, buy carrots, greens, or potatoes. As for fruits, apples and bananas are good choices.



### 8 cook once...eat all week!

Prepare a large batch of favorite recipes on your day off (double or triple the recipe). Freeze in individual containers. Use them throughout the week and you won't have to spend money on take-out meals.

### 9 get your creative juices flowing

Spice up your leftovers—use them in new ways. For example, try leftover chicken in a stir-fry or over a garden salad, or to make chicken chili. Remember, throwing away food is throwing away your money!

### 10 eating out

Restaurants can be expensive. Save money by getting the early bird special, going out for lunch instead of dinner, or looking for “2 for 1” deals. Stick to water instead of ordering other beverages, which add to the bill.



# Meal Planning and Preparation

## Camp and Trail Cooking



# Planning and Preparation

## Camp & Trail Cooking

- **Need to Knows:**

- What is your destination?
- Length of trip?
- Time of departure/ how many meals required?
- How many people are in your patrol?
- Anyone having allergies or diet restrictions?
- What will the activities be at camp?
- What time of year is it?
- Is weight a concern?
- How will you cook the food?
- Remember ChooseMyPlate portion guidelines



- **Selecting a Stove To Cook On**

- White Gas Stoves....advantage cold weather
- Cartridge Stoves-simple, safe, & convenient.
- Propane Tank Stoves....use for bigger groups
- Kerosene- hot burning, needs to be preheated before using.
- Grills- Charcoal Self Starting/Lighter Fluid
- Fold-a-way grills
- Dutch Oven cooking is very efficient utilizing the charcoal method.

- **Treating Water** Can not always carry enough....

- Open Water taken from streams, rivers, lakes etc probably have parasites and bacteria in them. Need to use the following methods to treat it:
  - Boiling- rolling boil for 1 minute
  - Tablets- are not always effective against all organisms. There is a chemical taste.
  - Filters -are effective and easy to use.
  - UV light – kills bacteria without chemicals

Iodine and shellfish allergic individuals can not use tablets.

- **Shopping to do's:**

- Price out goods needed. Read labels, and watch unit price along with product price.
- Largest container is not always least expensive.
- Shop at the super centers, usually best priced.
- Look for store ads for coupons to reduce overall cost for your trip.
- Sometimes meal plan can change based upon something priced better than something else.
- Generic store brand products are many times as good as name brand.



# Planning and Preparation

## Camp Cooking

- **Preparation for Camp Cooking**
  - Take only what is needed? Measure food quantity.
  - You can slice/chop/measure out food before.
  - Repackage foods with a lot of packing papers.
  - Use resalable bags to limit space/remove air.
  - Check all meals/ingredients not to miss anything.
  - Pack food so each meal is easily accessible.
  - Stay organized.
  - Do not forget to pack the cooking gear
- **Safe stove Use:**
  - Never use/light in tent, cave, igloo. Outside!
  - Adult supervision is always required.
  - Maintain stoves to mfg specifications.
  - Store fuel in well marked containers
  - Allow hot stoves to cool before storing etc.
  - Store gas below tent lines/living area.
  - Never leave a stove/lantern unattended lit.
  - Do not overload with large pot
  - Carry home empty fuel containers
  - Leave No Trace!



# Planning and Preparation

## Trail Cooking

- Pack lightly, Simple planning is most effective.
- Know the weight of your food.
- Meals needing “NO” refrigeration.
- Dry prepackaged foods are great for trail cooking (T-197 does not allow this)
- What kind of stoves are needed?
- Cost is important, plan efficiently, share meals, share desserts/snacks etc.
- Protect smellables!!!
- Ramen Noodles Soups with fresh ingredients like vegetables and proteins
- Instant Potatoes
- Tuna/Chicken Pre-packs
- Granola bars
- Dried Fruits/Nuts/Dates/Raisins/Trail Mix
- Instant Coffee/Hot Chocolate/Juices/Powdered
- Cost Efficient...pre-pack own meals.....



United States Department of Agriculture  
<http://www.choosemyplate.gov/>  
10 Tips Nutritional Series  
Food Safety and Inspection Services

Department of Health and Human Services  
<http://www.foodsafety.gov/>  
Centers for Disease Control  
<http://www.cdc.gov/foodsafety/>

US Scouting Service Project, Inc.

Meritbadge.org

Scouting.org

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